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PRINT: ISSN 0971-8923 ONLINE: 2456-6756

*J. Soc. Sci.*, 6(1): 65-69 (2002)

DOI: 10.31901/24566756.2002/06.01.08

## Helping People Through Use of Theories

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**KEY WORDS:** Helping; theories; reflection; analysis.

**ABSTRACT** Many human service and vocational guidance practitioners are so busy they have little time to reflect on their work with clients, and on the clients and their situations. Yet reflection and study and analysis is more important now than ever to be helpful, especially in such arenas as counseling, vocational guidance and job placement. A variety of theories can be used as reflective lenses, to enable practitioners to understand clients and behavior, and then intervene appropriately. Several theories are briefly presented as suggestive examples. The author recommends use of a list or collection of theoretical materials, adjacent to their workplace settings, for guidance and human service professionals and paraprofessionals.